
Learning Objectives

MedBridge

Understanding and Applying Evidence in Exercise Prescription

Kathy Brewer, PT, DPT, GCS, MEd, CEEAA

Course Objectives:

Upon completion of this course, learners will be able to:

- Differentiate sarcopenia from weakness and debility associated with chronic conditions and inactivity
- Describe determination of appropriate intensity and progression to improve muscle performance based on patient's capacity for each exercise
- Interpret patient functional performance related to cardiovascular health
- Determine appropriate intensity and progression of interventions to improve aerobic capacity and enhanced lifestyle activity based on patient's response to exercise and performance
- Address key factors contributing to balance and gait dysfunction in designing effective treatment strategies across neurological and musculoskeletal systems
- Identify appropriate intensity and progression of interventions to improve safety in balance, mobility, and gait as determined necessary for patient's performance of daily function and participation in essential and leisure activities, contributing to quality of life and wellness

Chapter 1: Strength and Muscle Performance

In this chapter, recommendations for muscle performance training are discussed with specific attention to strength, power, and endurance interventions and outcomes.

Chapter 2: Flexibility

In this chapter, recommendations for muscle performance training are discussed, with specific attention to flexibility.

Chapter 3: Aerobic Conditioning and Endurance

Patients with cardiovascular compromise have systemic limitations for function and activity as well as increased risk for additional health conditions. Aerobic performance is an essential component to address within a comprehensive plan of care.

Chapter 4: Balance, Coordination, and Agility

Balance and coordination are essential for safety in mobility and gait for older adults to maintain optimal function with minimal risk for falls. This chapter will discuss evidence-based strategies for an effective plan of care and sustainability for quality of life and wellness.

Chapter 5: Final Thoughts

Final thoughts about designing exercise programs to meet the needs of function and participation for older adults will be presented, as well as addressing rehabilitation needs and looking beyond to improving physical activity and quality of life. Case study example(s) will be discussed.